



Personality Development Through Yoga

Dr. Sangjukta Rout

Faculty, Siliguri College

Abstract:

Personality is defined as a deeply ingrained pattern of behavior that includes modes of perception, relating to and thinking about oneself and the surrounding environment. Personality traits are normal, prominent aspects of personality. In the ancient text of Taittareeya Upanishad, personality is said to be composed of five aspects. These are called the panca koshas or the yogic concept of personality. Yoga helps in developing positive traits in each of these five aspects leading to self-actualization and helps an individual to achieve his or her maximum potential. To develop our personality, we need to be physically fit. Unless a person is physically healthy, he or she would lose confidence and it does not help to improve one's personality. A sound body is inevitable to have a sound mind. Yoga postures energize and oxygenate the whole body thus enhancing the performance of all the organs. Yoga and breathing practices activate your brain and improve the performance of your brain. Yoga enhances memory power as well. Our concentration improves with yoga practices and this would help us in understanding things better. Being emotionally charged does not help a person to handle things better. If we maintain a state of calm while facing tough times, we will be able to make better decisions. Yoga helps to keep us calm and composed and thus we will never experience a moment when we had taken a decision in a fit of fury. This chapter deals with personality development through yoga.

Keywords: *Yoga, Personality, Self-discipline, Health.*

Introduction:

Yoga inculcates self-discipline in the practitioner thus contributing to personality development. It improves self-confidence. Yoga relieves stress and enhances clarity of thoughts. A stressed mind cannot think clearly. Yoga keeps you stress-free and helps you to handle things better.

As yoga and breathing techniques stimulate right and left brains, your overall performance improves, which gives your personality a great boost. Yoga helps you to identify the inner you so that your life and perceptions get elevated to a higher plane.

Yama, Niyama, Dharana and Dhyana are some of the yogic practices, which contribute to the mental fitness of the practitioner. Yama is all about moral principles, Niyama is about introspection and contentment, Dharana focuses on awareness and Dhyana is all about meditation. These yogic practices help to develop your overall personality as it elevates your mind to a higher level.

Why should we consider teaching Yoga for personality development? How many of your students told you that they attended classes to improve their personalities? Just a quick guess: None of your students considered Yoga for improving their personality. Yet, personality improvement is a by-product of an improved sense of awareness. Yoga practitioners learn to become conscious of their thoughts, words, and actions. Additionally, one's actions tend to reflect a deep sense of thoughtfulness.

Anyone who practices any form of Yoga, on a regular basis, knows that the results go much further than longer, leaner muscles and greater flexibility. The breathing and meditative portions of a daily Yogic lifestyle can bring peace and understanding to the mind. Pranayama and meditation can teach one how to cope with daily stress and anxiety, while learning how to find overall peace within one's self. The breathing techniques, alone, can be an extremely useful tool to apply in all aspects of life. Positive personality development gives us our own identity and the ability to work well with others.

Personality Development for Young People:

Yoga can also help young people develop and grow positive personality traits. Meditation and Yoga encourage inner reflection by sitting quietly, tuning out extra stimulation, noise, and negative thoughts. This promotes the ability to learn who you are, what makes you happy, what makes you uneasy, and what is important in your life. Sometimes, life gets too busy, which causes impressionable young people to go with the flow of a group, instead of thinking about the long-term consequences. Yoga gives people, of all ages, the time to truly reflect, and make choices based on their own thoughts and feelings, rather than the thoughts of others.

The five sheaths of the human body can be nurtured and developed by various specific yoga practices.

1. Annamaya kosha or Physical body:

“Yogahkarmasukaushalam”: Yoga is dexterity in action

- Practice of yoga helps to maintain homeostatic balance.
- Tonifies the muscles and improves strength and flexibility.
- Improves attributes of physical fitness like speed, dexterity, coordination, balance, stamina and steadiness.
- Increases gastric fire and improves digestion.
- Enables optimum physiological functioning of metabolic, cardio-pulmonary, gastro-intestinal, reproductive and neurological systems.
- Yogic practices to develop this aspect of personality are: asanas, dhauti, nauli, basti, neti, suryanamaskara, loosening practices.

2. Pranamaya kosha or Energy body:

“samatvam yoga ucyate”: Equanimity of the mind is yoga

- Yoga helps in purifying the nadis, dissolves energy blocks and enables free flow of prana or life force.
- It increases attention span and memory.
- Improves all higher mental functions including cognition.

- Improves mental stability, stress resistance and creativity.
- Helps develop willpower.
- Yogic practices to develop this aspect of personality are: pranayama, trataka, kapalabhati, MSRT

3. Manomaya kosha or Emotion body:

“Manah prashamanaupayah yoga iti abhidhiyate”: Yoga is a skillful technique of calming the mind

- Yoga cultures and develops the emotional faculties.
- Brings about a state of emotional stability and controls mood lability.
- Brings about a state of euthymia.
- Calms the mind.
- Develops presence of mind.
- Reactions to emotions are reduced as yoga teaches the concept of samatvam or equanimity.

Yogic practices to develop this aspect of personality are: meditation, dharana

4. Vijnanamaya kosha or Intellect body:

“Tato dvandvaanabhigatah”: The dualities of the mind are destroyed

- Improves ability to differentiate right from wrong.
- Develops a sense of morality.
- Improves decision-making capacity.
- Develops logical, analytical and practical thinking ability.
- Yogic practices to develop this aspect of personality are: yama, niyama, asana, vairagya

5. Anandamaya kosha or bliss body:

“tadadrashtuhsvarupeavasthanam”: Then (after mastery in yoga), the seer dwells in his own true splendour

- Yoga helps in the spiritual growth of the individual.
- Develops introspection and altruism.
- Encourages an inward journey in order to achieve the ultimate state of Samadhi, which is said to lead to kaivalya or liberation.
- Yogic practices to develop this aspect of personality are: dharana, dhyana, Samadhi, samyama

Conclusion:

Yoga is not just an art. It is science and it is life style. Maintaining perfect health, proper mental development and ability to manage emotions are essential to improve your personality. Yoga provides all this and more. It keeps you balanced and composed, it alleviates your physical sufferings, mental stress and

negative thoughts. It helps to keep you focused and ultimately leads you to enjoy perfect harmony. Thus, including yoga in your day-to-day life can enhance your personality. Thus, Yoga helps in total integrated personality development. In order to achieve the perfect harmonious state of mind and body, yoga must not only be used as a therapy but it must be adopted as a way of life.

References:

- Albanese, C. (2005). Sacred (and Secular) Self-Fashioning' Esalen and the American Transformation of Yoga. In *On the Edge of the Future: Esalen and the Evolution of American Culture*, J. Kripal and G. Shuck (eds.) Bloomington: Indiana University Press, pp. 45-79.
- Alter, J. (2006). Yoga at the Fin De Siècle: Muscular Christianity with a "Hindu" Twist. In: *The International Journal of the History of Sport* 23(5), pp. 759-776.
- Coney, J. (1999). *Sahaja Yoga: Socializing Processes in a South Asian New Religious Movement*. Richmond, Surrey: Curzon Press, 1999.
- Dwyer, G. and Cole, R. (eds.) (2007). *The Hare Krishna Movement. Forty Years of Chant and Change*. London: I.B. Tauris and Co Ltd.
- Dazy, W. (2005). Yoga in America: Some Reflections from the Heartland. In: *Theory and Practice of Yoga*, K. Jacobsen (ed.) Leiden: Brill, pp. 409- 424.
- Kripal, J. (2005). Reading Aurobindo from Stanford to Pondicherry: Michael Murphy and the Tantric Transmission. (1950-1957). In: *On the Edge of the Future Esalen and the Evolution of American Culture* J. Kripal and GW Shuck (eds.) Bloomington, IN: Indiana University Press, pp. 99- 131.
- Lamb, R. (2005). Rāja Yoga, Asceticism, and the RāmānandaSampradāy. In: *Theory and Practice of Yoga* K Jacobsen (ed.) Leiden: Brill, pp. 317- 332.
- Liberman, K. (2008). The Reflexivity of the Authenticity of Haṭha Yoga. In: *Yoga in the Modern World: Contemporary Perspectives* M Singleton & J Byrne (eds.) London: Routledge, pp. 100-116.
- Mahaffey, P. (2005). Jung's Depth Psychology and Yoga Sādhana. In: *Theory and Practice of Yoga*. K. Jacobsen (ed.) Leiden: Brill, pp. 285-408.
- Miller, T. (2005). Notes on the Prehistory of the Human Potential Movement. In: *On the Edge of the Future Esalen and the Evolution of American Culture* JJ Kripal and GW Shuck (eds.) Bloomington, IN: Indiana University Press, pp. 99-131.

Citation: Rout. Dr. S., (2025) "Personality Development Through Yoga", *Bharati International Journal of Multidisciplinary Research & Development (BIJMRD)*, Vol-3, Issue-05.1, May-2025 (Special).